

Retired Senior Volunteer Program RSVP Newsletter

719 S. Main Street Belen, NM



AmeriCorps
Seniors



Memorial Day Service

RSVP joined the Belen Veterans Memorial in celebrating Memorial Day on Monday, May 31st. The service was outstanding and there was a great turnout. RSVP participated with a table offering cotton candy. The proceeds of the sale were donated to the Belen Veterans Memorial.

A special thank you to our helpers for the day:
Jonathan, Ashley, and Lupita

Senior Centers Are Open!

We are elated to welcome our seniors of Valencia County back to our senior centers. After a long year of the Covid-19 pandemic, our senior centers are now open as of July 12th.

With the exception of the Belen Senior Center. Belen will reopen on August 16th.

Our community is doing a great job in getting vaccinated. The more this happens the sooner we will be able to move forward with increasing services. However, things will be a little different as we transition back. We will have to redefine normal and it will be a new change for all of us. We would like to remind everyone we are still in a pandemic and it is important for us to practice social distancing and to follow protective guidelines, which are critical to our reopening. Each of us must play a responsible role in taking protective measures. There will be changes to the CDC guidelines for wearing masks. Please be safe and stay tuned for more updates on our gradual reopening plan.

Reopening Guidance for Senior Centers

Senior Centers	Staff	Seniors	
		Unvaccinated	Vaccinated
<ul style="list-style-type: none"> • ≥ 85% staff vaccination rate – senior centers may open at 100% capacity • < 85% staff vaccination rate – senior centers may open at 75% • Develop and employ an appropriate screening protocol for both staff and seniors • Ensure hand hygiene for both staff and seniors • Cleaning and disinfecting protocols • May require vaccinated seniors to wear a face covering or mask 	<ul style="list-style-type: none"> • Unvaccinated staff must be routinely tested for COVID-19 and excluded from work if positive. • Fully vaccinated staff do not need to be routinely tested • All staff regardless of vaccination status must wear face coverings • Practice hand hygiene 	<ul style="list-style-type: none"> • Not be allowed to participate in group activities (inside and outside) or in congregate meals. • Have access to grab-and-go meals. • Have access to transportation service but must wear face coverings and be the only passenger in the vehicle. • Have access to in-home services including (home-delivered meals, light housekeeping, and caregiver respite). 	<ul style="list-style-type: none"> • May participate in any on-site congregate activities provided • May wear a face covering • Have transportation services access • Have access to in-home services including (home-delivered meals, light housekeeping, and caregiver respite).



Rest in peace
Norbert Schueller

Norbert Schueller, 74, a longtime resident of the Belen area, died on June 6, 2021, after a long battle with cancer. Norbert was born in North Dakota and lived for many

years in California before moving to Valencia County. An avid animal lover and devout Catholic, Norbert was active in civic affairs in the county, including his candidacy for the county commission in 2014. During his long-life Norbert was a Navy seaman, a monk, and earned a law degree.

If You Would Enjoy An Opportunity To Visit With Another Person In Your Community By Phone, Please Consider This Offer

RSVP has organized a Wellness Check Program that entails a friendly phone call at your convenience from an RSVP volunteer from your community. If you would like to participate in this program, call the RSVP office and provide your name and phone number. We will schedule a phone call with an RSVP volunteer.

For more information call:
Bertha Flores 505-966-2567
Cindy Lu Hurbina 505-966-2566



Here's To Past Memories... And To Making New Ones!

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Welcome Back Seniors!

Decorative red scrollwork border

VALENCIA COUNTY FAIR

AUGUST 1 - AUGUST 8

Free Senior Day At The County Fair Sunday, August 8th

10:00am - 1:00pm



*Annual FFA
Pie Eating Contest*

Friday, August 6th

*Cornhole
Tournament*

Friday, August 6th

*4th Annual Big Mike's
Hamburger Eating
Challenge*

Saturday, August 7th

Sunday, August 8th

**Senior Olympic Dancers
10:00 am ~ 11:00 am**

**Senior Olympic
Cornhole Competition
11:00 am ~ 1:00 pm**

Dance

**11:00 am ~ 1:00 pm
Kevin Michael Band**

Chili Cook-Off

*Saturday
August 7th*

*Check in at 12:00
under the gazebo.
Judging starts at
2:00pm*

Horse Shoe Tournament

*Saturday, August 7th
&
Sunday, August 8th*

VALENCIA COUNTY FAIR PARADE AUGUST 7TH 10:00 AM

*Daniel
Solis
Band
Friday*

7:00pm-10pm

Valencia County Fair Dances

8:00PM — 11:30 PM

Friday August 6, 2021—Saturday August 7, 2021

\$5.00 per person

*DJ
Hot Shot
Entertainment
Brian Chavez
Friday
& Saturday*



**BUS RIDE TO THE
NEW MEXICO
STATE FAIR
MONDAY
SEPTEMBER 13TH**

**LIMITED
SEATING**

**Must be at the Belen Senior Center
by 8:00 am**

*** A SPECIAL THANK YOU TO
NOBLIN FUNERAL HOME FOR THE DONATION OF
THE BUS TO MAKE THIS POSSIBLE**

RSVP will be transporting those who wish to attend
the New Mexico State Fair on September 13th.

**If you wish to participate, call
Bertha Flores at 505-966-2567
to reserve your seat. Seats are
Limited.**

**YOU MUST HAVE YOUR COVID-19 VACCINE TO
RIDE THE BUS**

**FACE MASK
REQUIRED**

**HAND SANITIZER
WILL BE PROVIDED**

Become a Hospice Volunteer



Ambercare invites you to bring your warmth and presence to a patient in hospice. Hospice volunteers offer their skills in listening, empathy, and compassion to patients and families during this difficult time.

Volunteer Requirements

- * 18 years of age
- * Valid driver's license
- * Valid auto insurance
- * Background check
- * TB and drug test
- * Complete Ambercare's training program
- * Submit weekly required paperwork



For more information, or to sign-up to be a volunteer contact:

**Lennie Gurule
Volunteer Coordinator
(505) 803-7151
lgurule@ambercare.com**



Watermelon Salad With Cucumber and Feta



INGREDIENTS

- 3 cups watermelon cubed or balled
- 1 1/2 cups sliced cucumber seeds removed
- 2 tablespoons mint thinly sliced or small mint leaves
- 1/3 cup feta cheese crumbled
- 3 tablespoons olive oil
- 1 tablespoon lime juice
- Salt and pepper to taste

INSTRUCTIONS

Place the watermelon, cucumber and mint in a large bowl.

In a small bowl, whisk together the olive oil, lime juice, salt and pepper.

Drizzle the dressing over the melon mixture and toss to coat. Sprinkle with feta cheese and serve.

FILE OF LIFE



LIFE IS PRECIOUS AND EVERY SECOND COUNTS

Benefits to first responders

- Faster help for citizens in emergencies.
- Instantly know medical history of patient
- Corrective treatment can begin at once.

Benefits to hospital emergency staff

- On arrival data is immediately available to medical staff.
- No wasted time getting information from confused patient.

Benefits to each individual

- Peace of mind knowing they will have prompt and quality care.
- Easy access to potentially life-saving information.
- Assurance that proper persons will be notified quickly.

The image shows a thumbnail of the 'FILE OF LIFE' card. It includes fields for Name, Address, Date of Birth, and Emergency Contacts (Name, Address, Phone #, Note #). It also has a 'MEDICAL DATA' section with fields for Last Updated (Mo, Yr, Blood Type), Doctor, and Preferred Hospital. At the bottom, there is a table for Medication with columns for Medication, Dosage, and Frequency.

Attached you will find your File Of Life Card. You can also get a card at the RSVP Office.

- *Fill out the card and be sure the information is accurate and legible. If necessary, have someone assist you.*
- *Use pencil to fill in the medications and the date to allow future updates.*
- *When completed, place the card on the outside face of your refrigerator.*
- *Keep all medical data up to date.*
- *Whenever there is a change in medications or dosage, be sure to change it on your card and re-date the card.*
- *Take the file with you when you visit your doctor.*

Are you caring for a loved one with Alzheimer's disease or other dementia?



alzheimer's association®

Dementia Caregiver Class

This FREE education program teaches you to:

- **Anticipate your loved one's needs, and stop bouncing from crisis to crisis**
- **Understand your loved one's behaviors .**
- **Communicate more effectively**

The evidence-based Skills for Dementia Caregiving, class has been demonstrated to increase caregiver knowledge, skill and confidence, while reducing caregiver stress. The program includes seven 2-hour weekly classes, meeting for 7 weeks, and respite reimbursement funds may be available.

Classes are held throughout New Mexico 2021 Program Calendar for August & September is available now!

Your guide to valuable classes and Care & Support resources, all provided free of charge.

Contact The New Mexico Aging & Disability Resource Center (ADRC) toll-free at **1-800-432-2080** or the Alzheimer's Association, New Mexico Chapter at **505-266-4473 or 1-800-272-3900**

www.nmaging.state.nm.us/alzheimer-s-and-dementia-care.aspx

Retired and Senior Volunteer Program RSVP

719 S. Main Street, Belen

There are 256 seniors volunteering in Valencia County. We have 25 volunteer sites that include: Senior Centers, Del Rio Project Center, St. Vincent De Paul Thrift Store, Center for Ageless Living, the Belen Harvey House Museum, and many more.

ALL volunteers are eligible for reimbursement for travel up to 25 cents per mile.

If you would like to learn more about our program pick up a Handbook in the office.

Masks are Required



Belen Public Library

Hand Sanitizer is Provided



Now Open

After a long year, Belen Public Library was able to open to the public as of June 7th.

THINGS TO NOTE:

You will be asked to sanitize your hands. (Library official safety policy)

Face masks are required, regardless of vaccination status.

(Library official safety policy)

BUSINESS HOURS

Monday — Friday 10:00 am to 4:00 pm

For more information call:

505-966-2600

Books on Becker

Books on Becker had their Grand Re-opening on June 5th, with great success! The sales from this event are as follows:

\$384 - Book Sales

\$132 - Donations

All proceeds from the bookstore support the Belen Public Library's programs, including Summer Reading, and education scholarships. Donations may also be made to the bookstore during their regular business hours.

**WEDNESDAY - SATURDAY
12:00 PM TO 5:00 PM
505-785-2835**

Children receive 2 Free Books when they visit!

Hardback and Trade Paperback Books 1.00

Mass Market Paperback Books 50 cents

Los Lunas Public Library

SNACKS WILL BE PROVIDED!

**Saturday, August 14th ~ 2:00pm ~ at the Transportation Center
101 Courthouse Road, Los Lunas**

**TOPIC:
SENIOR CITIZEN AND STUDENT COLLABORATION**

The Los Lunas Public Library will be holding a community dialog event that will focus on how senior citizens and students in our community can come together and mutually support one another. The conversation is open to everyone and casual in nature. From this dialogue, the library will work to develop programs that support collaborative efforts between senior citizens and students in Valencia County.

Possible programs the library could develop and facilitate as a result of the dialog include:

- Student/Senior Citizen Reading Buddies
- Technology Boot camp for Seniors (led by students)
- Life Skills Boot camp (sewing, basic auto maintenance, etc. led by senior citizens)
- Story Sharing (senior citizens and students sharing stories of their life experiences)

For more information contact Stephanie Birr: **505-839-3850** email birrs@loslunasnm.gov

Los Lunas Public Library | 460 Main St. NE | Los Lunas, NM 87031



NATIONAL NIGHT OUT



National Night Out is an annual event designed to strengthen our communities by encouraging neighborhoods to engage in stronger relationships with each other and with their local law enforcement partners. This event raises community and police awareness.

Hosted by Belen Police Department
Tuesday, August 3rd * Anna Becker Park , Belen

6:00 pm ~ 9:00 pm

Thanks to the generosity of sponsors like First Care of New Mexico, the Belen Police Department will have a National Night Out to remember. Come enjoy hot dogs, hamburgers, popcorn, snow cones and more. There will be games, bouncers, raffle prizes and a water slide.

For more information call 505-966-2680

Hosted by Valencia County Sheriff's Office
Tuesday, August 3rd * Immaculate Conception Church, 7 Church Loop, Tome

5:30 pm ~ 8:30 pm

We have partnered with Los Lunas schools who will be accepting donations for all grade levels on school supplies. Please come enjoy music, food and fun!

For more information call 505-866-2045

Hosted by Los Lunas Police Department
Tuesday, August 3rd * Daniel Fernandez Memorial Park, Los Lunas

5:00 pm ~ 8:00 pm

School Supplies Give Away:

5:00 ~ 5:30 : Kindergarten to 3rd Grade

6:00 ~ 6:30: 4th Grade to 6th Grade

6:30 ~ 7:30: 7th Grade to 12th Grade

This is a FREE EVENT
FREE FOOD
provided by
Albertsons Market

For more information call 505-865-9130



Belen Harvey House Museum

Call to schedule your guided tour

505-861-0581



Guided tour by appointment on the hour: 12:00, 1:00, 2:00, & 3:00

Masks are required and hand sanitizer is provided at the entrance.

The Gift Shop is now open during their regular hours of operation.

Wednesday — Saturday 12:00 pm — 5:00 pm

Do you have an interest in history, museums, historic buildings or just want to lend a hand? Please consider becoming a volunteer. We have openings for docents/tour guides and interns to help with research, fund raising, and events throughout the year.



Thanksgiving Food Basket Applications

WEDNESDAYS - THURSDAYS - FRIDAYS ONLY

1:00pm ~ 4:00pm

**Beginning
October 6, 2021
to
November 19, 2021**

The Retired Senior Volunteer Program (RSVP) will be taking applications to help those in need with a Thanksgiving Food Basket

Must be in the Belen School District

Please provide the following:

- ~ **Proof of Income**
- ~ **Proof of Residence**
- ~ **ID**
- ~ **Birth Certificate or Medicaid Card for each child in household**

**** Limited to the number of baskets available
From there on, names will be placed on a waiting list***

If you would like to make a donation to fill Thanksgiving Baskets, please bring your non-perishable goods to:

RSVP Office

719 S Main Street

Belen, NM

For more information , please call

Bertha Flores 505-966-2567

Cindy Lu Hurbina 505-966-2566

Medical Transportation



Triple D
MEDICAL TRANSPORT

Triple D Medical Transportation

Schedule a ride to your doctor, medical treatment, hospital, medical facility, doctor's office or adult day care center. We excel at taking you safely and reliably. You can count on us when it's important.

We hire safe and professional drivers and offer affordable, reliable solutions that you can count on. We are locally managed which means that we know the area as well as we know our clientele. Local management means that should you ever need to contact us, our management is always accessible to you. We go above and beyond to be your transportation partner.

**Contracted with Medicaid and TPAs
State of New Mexico
LogistiCare
Molina Healthcare**

**Schedule Your Ride Now
505-881-7433**

Let us help you get where you need to be!



Protect Yourself Against Medicare Fraud

Report Medicare Related Fraud by calling the New Mexico Senior Medicare Patrol (SMP) at **1-800 432-2080**

The New Mexico SMP will provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse.

August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  VALENCIA COUNTY FAIR BEGINS	2	3	4 US COAST GUARD DAY	5	6	7 VALENCIA COUNTY FAIR PARADE 10:00
8 SENIOR DAY VALENCIA COUNTY FAIR	9	10	11	12	13	14
15 FEAST OF THE ASSUMPTION	16	17	18	19	20	21 
22	23	24	25	26	27	28
29	30	31				ONE OF THE GREATEST GIFTS YOU CAN GIVE IS YOUR TIME

September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Rosh Hashanah begins at sunset LABOR DAY RSVP CLOSED	7	8	9	10	11  FIRST RESPONDERS APPRECIATION DAY PATRIOT DAY
12 	13	14	15 Yom Kippur begins at sunset	16 Mexican Independence Day	17	18 US AIR FORCE DAY
19	20 Sukkot begins at sunset	21	22 FALL BEGINS AT 7:31 AM	23	24	25
26	27 LAST DAY OF SUKKOT	28	29	30		THANK YOU FOR VOLUNTEERING "VOLUNTEERS DO NOT NECESSARILY HAVE THE TIME; THEY JUST HAVE THE HEART."

October

"It's not the years in your life that count. It's the life in your years"
- Abraham Lincoln

2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11  INDIGENOUS People DAY RSVP CLOSED	12	13 US NAVY DAY	14	15  Happy Boss's Day	16
17	18	19	20	21	22	23
24	25  HAPPY MOTHER IN-LAW DAY	26	27	28	29	30
31  HAPPY HALLOWEEN!						



Happy Birthday

To All Our Volunteers

**In August
 September
 & October**



ALBUQUERQUE INTERNATIONAL BALLOON FIESTA 2021

balloonfiesta.com

OCTOBER 2nd ~ OCTOBER 10th
Balloon Fiesta Park, Albuquerque
505-821-1000

SPECIAL SHAPE RODEO **Ticket Prices are \$15.00 per person/ per session** **AFTER GLOW FIREWORKS**

BALLOON RIDES

National Anthem performers, local dance and music talent, and a wide variety of musical performances during Balloon Fiesta



FREE FOOD FOR SENIORS 60 AND OLDER

8:00 a.m. To 12:00 p.m.

Household Size	Maximum Monthly Gross Income	Maximum Yearly Gross Income
1	\$1,383	\$16,588
2	\$1,868	\$22,412
3	\$2,353	\$28,236
4	\$2,839	\$34,060

Belen Community Center
 (Next to Belen High School)
 305 Eagle Lane
 Belen, NM 87002

To Register, Please Bring:

- ~ Picture ID
- ~ Proof of age. Must be at least 60 years old
- ~ New Mexico Residency
- ~ Current year income for entire household **REQUIRED**

August 10th
September 14th
October 12th
November 9th
December 14th

For more Information Call:

Bertha Flores (505) 966-2567 OR Cindy Lu Hurbina (505) 966-2567



FREE OF CHARGE!

Save The Date

UPCOMING NEW MEXICO CONFERENCE ON AGING



The 43rd Conference on Aging will be taking place November 17th and 18th. This will be a hybrid conference with virtual workshops. Providers will be offering a live broadcast of the workshops at the senior centers.

Find us on Facebook at

<https://www.facebook.com/Belen-RSVP-274996122966821/>

Find us on the City of Belen Web-site at

<https://www.belen-nm.gov/departments/senior-living-rsvp/>

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